

Stress Reduction Strategies

- Memory issues
- Constant worrying
- Sweating
- Panic attacks
- Insomnia
- Headaches
- Needing reassurance
- Overthinking
- Rapid heartbeat
- Trouble breathing
- Avoidance
- Lack of patience
- Stomach issues
- Trouble concentrating
- Procrastination



ADHD
FOUNDATION
Mental Health, Education and Training Services

Recognising Anxiety

- Hobbies
- Mindfulness
- Counselling
- Progressive muscle relaxation
- Life coaching
- Deep breathing
- Physical exercise
- Massage
- Cognitive behavioural therapy
- Meditation
- Journal writing